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**USN SECNAV WASHINGTON DC (USA)**

**From:** (b) (6) USN SECNAV WASHINGTON DC (USA)  
**Sent:** Monday, June 24, 2019 9:17  
**To:** (b) (6) USN SECNAV WASHINGTON DC (USA)  
**Subject:** FW: Physical Fitness Assessment Notification for Cycle I, 2017 - SECNAV Secretariat - Begins 17 April 2017  
**Attachments:** Cycle I 2017 10 Week Notice.pdf; Guide 5- Physical Readiness Test 2016.pdf  
**Signed By:** (b) (6)

-----Original Message-----

**From:** (b) (6)  
**Sent:** Monday, February 13, 2017 1:19 PM  
**To:** SECNAV\_ALL\_OFFICERS (b) (6); SECNAV Chiefs (b) (6);  
SECNAV\_ENLISTED (b) (6)  
**Subject:** Physical Fitness Assessment Notification for Cycle I, 2017 - SECNAV Secretariat - Begins 17 April 2017

Good afternoon Ladies and Gentleman,

This email and attachments serve as the SECNAV Secretariat Physical Fitness Assessment Notification (10 Week) for Cycle I, 2017. Please take a moment to read the attached memorandum in its entirety to ensure you are aware of the schedule and due dates for PARFQ/Medical Waivers.

SSCM Video: <https://www.dvidshub.net/video/445205/navy-abdominal-circumference-measurement-demonstration#.VthO1f72bxg>

Below are a few other highlights for the cycle:

1. All PHAs need to be current within 1 year prior to completing your PFA. They must be completed by 21 April.  
\*\*Recommend making an appointment early because it generally takes at least 1 month to complete a PHA in the Pentagon.\*\*
2. All PARFQs (NAVPERS 6110/3; Rev. 6-2016) shall be completed and saved in PRIMS by 7 April.
3. All medical waivers (NAVMED 6110/4) need to be turned into CFL by 14 April to ensure they are signed by the CO prior to the start of the PFA.
4. All BCA and PRT events will take place in the Pentagon Athletic Center with the exception of the outdoor run.
5. Please review the PRT Guide #5 (attached) to review the updated scores and guidance on the test.
6. CFL responsible UICs: 47218, 48143, 31698, 31699, 31705, 30571, 43116, 47692, 31701, 31703, 42217, 42485, 66760, 47691, 48144, 34913 (b) (6).

If you have new personnel in your office, please forward this information to them and inform me, so I can add them to my email roster. Please contact myself or a member of the CFL team, if you have any questions or concerns.

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V/R,

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WHITE HOUSE/CONGRESSIONAL LIAISON OFFICE

SECNAV ADMIN (b) (6)

OFFICE OF THE SECRETARY OF THE NAVY

COMM: (b) (6)